



DEPARTMENT OF THE ARMY
HEADQUARTERS, 4TH INFANTRY DIVISION (M) ARTILLERY
FORT HOOD, TEXAS 76544-5200

AFYB-DA-XO

13 AUG 2004

MEMORANDUM FOR RECORD

SUBJECT: Staff Policy Memorandum (SPM) 2-- PT

1. **Purpose.** To provide standard operating procedures for the Iron Gunner Staff physical training program during PT. PT is an absolute key component of developing and maintaining a strong unit. Bottom line is that the MON, WED and FRI will be aerobic focused on running with TU and THUR focused on strength conditioning and abdominal work. Below outlines the key simple rules that the Iron Gunner Staff PT will follow.

a. The section in charge will maintain accountability with anyone not at PT brought to the attention of the XO latter on during the day. PT will start at 0630 sharp and go to 0730 as a minimum.

b. There is a run Focus for MON, WED and FRI and a strength and abdominal focus on TU and THUR.

c. Abdominal work and overall aerobic conditioning is authorized on run days in conjunction with a run. The minimum acceptable distance on run days is two miles. One run of four miles or more is required each week. It does the body limited good to try and build strength two days in a row. Running is authorized on strength and abdominal days although it should not be the focus.

d. Breaking down into groups or even pairs is okay. Individual running is only allowed on the APFT and the Golf Course runs. There should be a linkup point for returning runners and everyone gets in a formation and stretches or conducts individual "focus" PT until everyone in the formation has returned or the OIC releases everyone.

e. No sports during PT are authorized. Time is limited and must be focused on good body conditioning PT.

f. The 1st Fridays of each month the FSE personnel will participate in staff PT.

g. Fridays will be the day that the HHB CDR will use to conduct BTRY runs as well as other fitness events he needs the staffs participation in. Prior notice of one week is requested so the staff section can change the PT plan accordingly.

i. Creativity and diversity is encouraged and events such as swimming and road marching are acceptable physical training events during PT. See the XO or S-3 for any specific calls on questionable events.

2. **Schedule.** Each section owns the following week each month:

S-6 - 1st Week of each month

S-1 and S-2 - 2nd Week of each month

S-3 - 3rd Week of each month

S-4 - 4th Week of each month

The 5th Week of each month will be led by the XO or S-3

3. POC is the undersigned.

Iron Gunners!

-----Original Signed-----

TIMOTHY J. DAUGHERTY
MAJ, FA
DIVARTY Executive Officer